



Promoting Healthy Eating Through Farmers' Markets

Food for Thought: Acting Locally to
Address Childhood Obesity

Tuesday, June 27, 2006





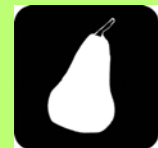




July 17, 2004: opening day of City Farmers' Market Wooster Square



1 =
Taste!





Food Miles - from here to Nebraska!



New Haven, Connecticut to Superior, Nebraska: 1499.88 miles



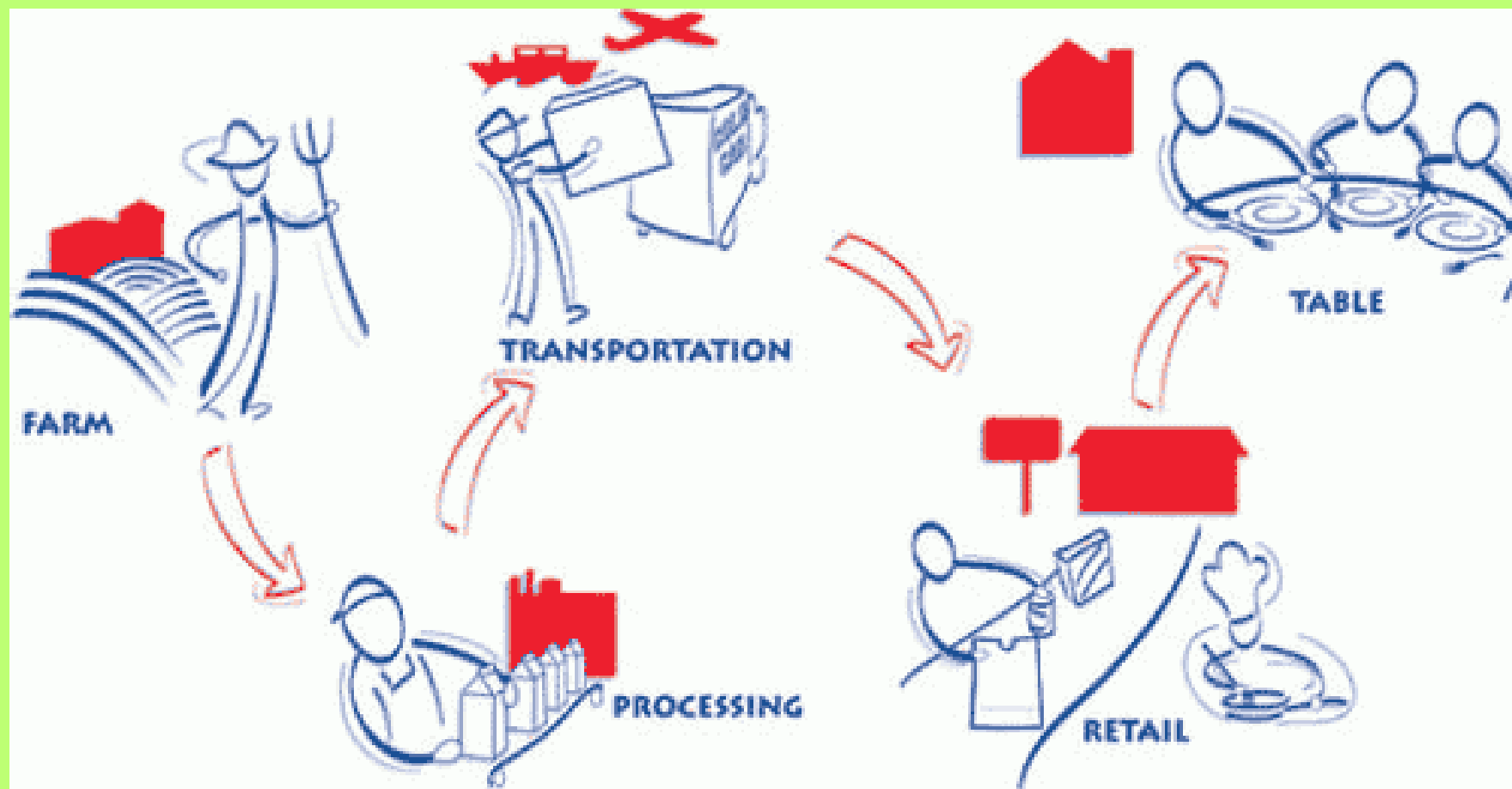
May 14, 2005: opening day of City Farmers' Market Wooster Square

2 = Meeting the face behind your food, so that you know where your food comes from and who grows it!



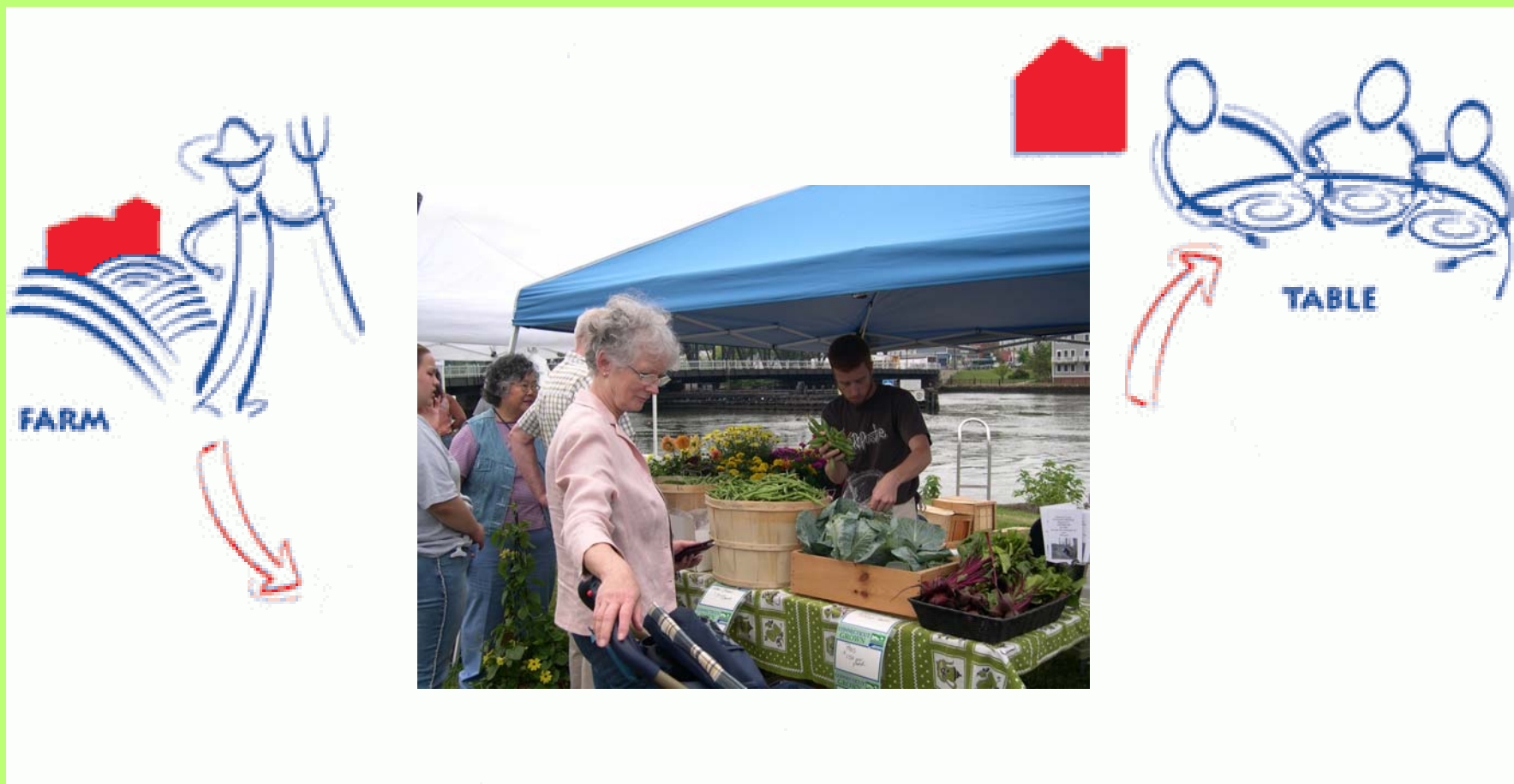


Farm to Table can look like this....





Or like this....



#3 - Connecting to Community!



These three things resonate with children, as well!





Latest News

Tuesday, April 11, 2006

Farms to Schools\\Fresh Fruit and Vegetable Program comes to CT! We all know that we should eat more fruits and vegetables, but sometimes it is easier to grab a less healthy, more processed snack. For 25 schools in Connecticut, fitting those fruits and vegetables into the daily diet will be a little easier, thanks to the United States Department of Agriculture...

Wednesday, April 05, 2006

School Wellness\\The State Department of Education recently published the Action Guide for School Nutrition and Physical Activity Policies. This Action Guide provides comprehensive guidance for school districts on developing and implementing local policies to promote healthy eating and physical activity

Friday, March 31, 2006

Breastfeeding and Prevention of Overweight\\Observational studies suggest a longer duration of breastfeeding to be associated dose dependently with a decrease in risk of overweight in later life. The authors performed a comprehensive meta-analysis of the existing studies on duration of breastfeeding and risk of overweight



Web Resources

Small Step Program
www.smallstep.gov



CT Farm-to-School Program

<http://www.ct.gov/doag/cwp/view.asp?a=2225&q=299424>

Center for Ecoliteracy

<http://www.ecoliteracy.org/>





City Farmers' Markets New Haven

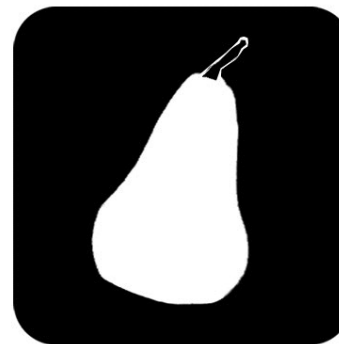


Wooster Square
SATURDAYS
9.00am - 1.00pm
May 14 - October
Russo Park
corner of Chapel Street
and DePalma Court

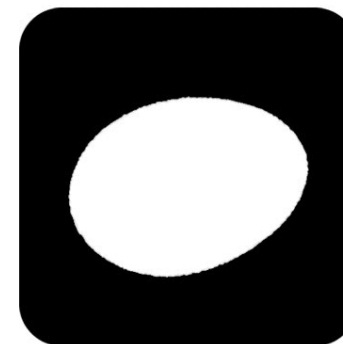


Fair Haven
THURSDAYS
3.00pm - 7.00pm
July 7 - October
Quinnipiac River Park
corner of Grand Avenue
and Front Street

Junta **GAVA**
Para Accion Progressiva



Edgewood Park
SUNDAYS
10.00am - 2.00pm
July 10 - October
Edgewood Park
corner of Whalley Avenue
and West Rock Avenue



Downtown
WEDNESDAYS
9.00am - 1.30pm
July 13 - October
Temple Street Plaza
across from the Omni Hotel



All produce grown in Connecticut
Featuring organic and pesticide-free foods
www.cityseed.org / info@cityseed.org

EBT Welcome
WIC Certified



A look at the impact on the local food economy

(numbers from market season 2005)

- 4 neighborhoods and thousands of people with access to local, healthy food
- \$360,000 into the pockets of 21 farmers and 3 vendors
- \$40,779 worth of local fruits and vegetables into the hands of nutritionally at-risk women, infants, children and seniors
- \$655.00 worth of Food Stamps redeemed





MISSION

To engage the community in growing an equitable, local food system that promotes economic and community development and sustainable agriculture.

VISION

To create a sustainable model of local economy, urban community, regional agriculture, environmental stewardship, and well-being through food.

To get involved, email volunteer@cityseed.org!

www.cityseed.org * PO Box 2056 New Haven, CT 06521 * 203.773.3736

